Basic presumption

A. How to clean a wound

1. remove large debriy

2. remove surface contaminants via light scrubbing

3. disinfect wound surface with disinfectant

B. A teeth wound is a head wound that may never heal.

C.
A cheap mouth wash is worse than saturated table salt water in terms of dental care as it causes
more chemical burn to gums and chemical erosion to teeth.

D.
A wound of the size of a teeth should not be very painful when undisturbed if clean, even with
wounded nerves.

E
Pain of teeth wound is caused by microbes and gut bacteria that decided that teeth is part of their
diet.

Precautions:

1.
Use boiled water for the procedure
2.
Do not marinate your wound in salt water, the highly concentrated salt will reach your brain before
reaching your kidney, you will get the pleasure of experiencing brain problems suffered by people
with a failed kidney, like memory loss, fatigue and dehydration headaches.

To prevent this but still be able to use salt water to disinfect your wound, disinfect wound with salt
only once every three days and always, ALWAYS rinse alway all the remaining salty TASTE in
your mouth after rinsing your mouth with salt or salt water.(if alcohol is used instead, rinse away
all the taste of alcohol instead.)

3.
This method will 100% enlarge your tooth gap

4.
Physical erosion is always present but the effects when compared to normal tooth brushing is
more pronounced and severe, whether this becomes a problem remains to be seen. Including the damage on gums by rubbing it.
5.
The creator of this method has no career history or license or formal training in medical care
, beyond self care. Use this method at your own risk and abort or change things up at your
leisure.
6. A good dentist is hard to come by, ask for their advice if you found one.
7. This method is redundant if you ask a dentist to wash your teeth everyday.

Procedure:

General Steps:
I. Clean with floss normally
II. Clean with floss with knot
III. Scrub the in-between of teeth with knotted floss
IV. Brush your teeth normally
V. (Optional) Rinse your mouth with a preferred disinfectant, like table salt water or table salt and
water mixture(that is boiled and cooled).

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Prepare a pot of boiled water(around a liter) that is cooled enough to consume.

I.

Cut a string of floss with the length of three of your palms,disinfect it with alcohol(ethanol), past though each and everyone of your individual teeth gaps, push it in from the top and then slowly draw it inwards or outwards of your mouth.

Do only inwards or outwards twice and then the opposite next time you want to clean teeth to prevent
pulling the teeth towards either side.

Sometimes component strings of the floss will be cut and stuck in your tooth gaps, remove them gently to prevent breaking them before complete removal or try to sweep them up and out with a
brush when tooth brushing.
(Ps: Doesn't really have a solid way to removing stuck strings in your teeth)

II.

There are multiple ways to make a knot on floss and adjust it size(when making it), a simple overhead knot may do, as well as multiple one chained togather like a blood knot,

You can also tie a knot on to of another knot by using your mouth to hold onto the pre-existing know
and pulling the two ends of the floss with two hands so that it forms just on top of the preexisting
knot.

After you have a knotted floss, enter the floss into your teeth gaps and pass the knot through your
gaps to clean out more stubborn debris, make a smaller one if it is too big or you will tear your gums.

Twice for every gap is good enough.

III.

I recommend making a knot one size smaller for the scrubbing process if you are already using a blood knot plus an overhead knot, like only one blood knot.
Pass through the gaps back and forth for around 10-20 times divided between the back of the teeth in front and the front of the teeth behind of a gap.
Bleeding is normal, but severe bleeding may require salt or ice or other means to assist clotting.

Do this for every teeth gap and clean the knot by rubbing it with your lips or hand and the clean water in the pot so no debris is sticking to the knot when you start cleaning the other gap.

IV.

Brush your teeth, with tooth paste.

V.
(at most once every three days, don't do it more frequently)
Boil water with salt in it, cool it, rinse your mouth with one mouth of salt and water mixture for
60 seconds, spit it out, then use normal cooled boiled water to rinse your mouth until most of the salty taste is rinsed away and no salt is stuck between gaps or on gums.

Remember to drink plenty of water afterwards.